

# Living Independently

The ILCLA 433 King Street, Suite 101, London, Ontario N6B 3P3 519-660-4667

July — August 2008

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Website: [www.ilcla.ca](http://www.ilcla.ca)

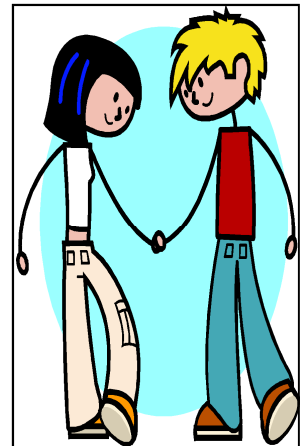
Email: [info@ilcla.ca](mailto:info@ilcla.ca)

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## You Walked with Us for Independence!

We are sincerely grateful to the many people who participated in our 5th annual Come Walk with Me for Independence wheel and walkathon on June 21. With your support, we raised over \$6000 which will help us continue providing programs and resources such as our monthly scrabble club, exercise classes, life skill sessions and information you need.



In her opening remarks, Irene Mathysen, Member of Parliament for London-Fanshawe, brought greetings from Ottawa and spoke about Canada recently signing the United Nations Convention on the Rights of Persons with Disabilities.

Half-way through the route, participants took part in a ball toss game with everyone receiving a small prize. Upon completion of the course, we all enjoyed a fund raising barbecue and more prizes.

We were very fortunate to have a number of dedicated volunteers including Jason Stewart, our qualified first aider for the day.

Media coverage was provided by AM980 ([www.am980.ca](http://www.am980.ca)), Snap London North ([www.snaplondonnorth.com](http://www.snaplondonnorth.com)) and BOB FM ([www.1023bob.com](http://www.1023bob.com)).

## Sponsors and Donors

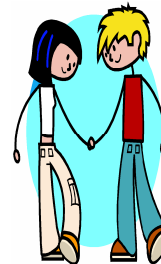
We are deeply thankful to the major sponsors of Come Walk With Me for Independence 2008:  
General Dynamics Land Systems  
Factor Gas  
Scotiabank—Cherryhill Mall  
Scotiabank—Commissioners Court Plaza  
Voyageur Charter Services  
Dura Med  
CAW Local 1520  
Collins Barrow Chartered Accountants  
London Audiology Consultants  
Our printing sponsor was Sterling Marking Products.

We are sincerely grateful to the following businesses and individuals for donating to our wheel and walkathon:

AM980  
A&P Adelaide North  
A&P Cherryhill Mall  
A&P Wellington Road  
A&P Westmount  
Cathy Bond  
CAW Local 27  
Chapters Book Store  
Cineplex Odeon Westmount  
Coles Book Store—Argyle Mall  
East Side Marios—Dundas Street  
East Side Marios—Wellington Road  
Four Points Sheraton



Jack Astors—Fanshawe Park Road East  
Kelloggs  
Kernels Popcorn  
Kingsmills  
London Fire Department  
London Ice Cream Co.  
Lynne Littler  
McCormicks  
McKewn Winder LLB  
The Medicine Shoppe—King Street  
Mother Hubbards—Cherryhill Mall  
Eleanore Parkin  
Bonnie Quesnel  
Robert Q Airbus  
Angie Ryan  
Selectpath Benefits  
Smitty's Family Restaurant  
Starbucks—Dundas Street  
Swiss Chalet—Wonderland Road  
Tim Hortons—Commissioners Rd. E.  
Western Meats & Deli



## Coming Soon!

Have you ever wished you:

- Were less shy?
- Were more assertive?
- Were more self-confident?
- Had more self-esteem?
- Were more positive?
- Were more successful in life?

If you answered "yes" to any of the above or if there are other areas in your life that you'd like to improve, we have something for you! Coming this fall we will hold a series of workshops called "Personal Power." During these sessions we'll learn things like: why we do the things we do, how to control our thoughts, how to be more positive, how to take control of our inner selves and, through that, of our entire lives! Exact dates will be announced, invite your friends and call to register with us for these great sessions!

## - INVESTING IN OUR FUTURES -

ILCLA has teamed up with its National partner CAILC to promote The Canada Learning Bond. We continue providing you with details of this program and will be holding information sessions in the near future.

Did you know? There is a program funded by the Federal Government that can provide up to \$2000, towards post-secondary education of children that qualify even if you don't contribute money towards it.

### To Qualify

- You must be entitled to the National Child Benefit Supplement (Baby Bonus)

And your child must:

- Be a Canadian Citizen
- Born on or after Jan 1, 2004
- Have a valid Social Insurance Number (SIN)

When the child qualifies:

- You must open a Registered Educational Saving Plan (RESP) account. The Government will deposit \$500 into your Child's RESP account the first year.
- You could receive another \$100 per year for up to 15 years as long as you continue to receive the National Child Benefit Supplement.
- An additional \$25.00 will be deposited in the RESP account with the first \$500 in case there is a cost to opening the account.

### Solutions

- 1) Contact your local Independent Living Resource Centre for Information.
- 2) Apply to the Canadian Revenue Agency for the Canadian Child Tax Benefit Supplement (if you think you may be eligible.)
- 3) Ask a bank/credit union/investment dealer or financial service providers.
- 4) Don't have birth certificate or social insurance number? Your financial Institution or your local Independent Living Centre can advise you how or where to apply, as it varies from province to province or contact your local Service Canada.

### FURTHER INFORMATION

Tel 1-800-622-6232  
[www.canlearn.ca](http://www.canlearn.ca)

## YOU NEED TO KNOW:

- Qualified educational programs include college, university, apprenticeships and programs offered by a trade school, etc.
- A qualified educational program is usually a course of study that lasts at least three weeks in a row, with at least 10 hours of instruction or work per week
- RESP funds can be used for part or full time study.
- An RESP can stay open for up to 26 years.
- If the recipient has a disability, the RESP can stay open for 31 years.
- There is no age limit for opening an RESP.

## QUESTIONS?

### **Have you compared the different types of RESPs?**

- Before you commit, be sure you understand all your options.

### **What fees are you expected to pay and when?**

- Some plans have fees and others don't, be sure to ask your financial institution.

### **Do you have a choice about when and how much to contribute?**

- Most plans let you decide up to annual and lifetime limits but some do have a set schedule. Be sure to ask so you don't jeopardize your earnings.

1. Contact your local Independent Living Centre for more information.
2. Go to government websites to learn more. A good one is [http://www.hrsdc.gc.ca/en/learning/education\\_saving/index.shtml](http://www.hrsdc.gc.ca/en/learning/education_saving/index.shtml)

3. Shop around before you open an account. Service charges and plans differ. Find the one that best suits your needs.

## Let's Play!

Jabbers Gifts & Giving is a game created by self-advocates for self-advocates (and everyone else.) This game encourages us to think about our talents and how we can put them to use in our lives and communities. Gifts & Giving is designed to be played in a group but can easily be used by an individual to set goals and explore new possibilities. All you need to do is download the instructions, print out a few copies and purchase some inexpensive stickers. Plan a get-together with some friends, have some fun and discover how many gifts and opportunities for giving that you really have. In this game, every player is a winner for taking a step towards living the life they want.



Download the PDF file at <http://www.hsri.org/leaders/theriot/>

Jabbers Dreams & Goals is a similar game that encourages us to explore and develop life goals. Find it at <http://www.hsri.org/leaders/theriot/gear.htm>

## In Memorium

It is with sadness that we note the passing of Ray Mills. Ray was not only a member but also maintained our website. He will be missed.



## Annual General Meeting



Our AGM will be in September. Plan to attend and exercise your vote! Exact date and guest speaker to be announced.

## Did you Know?

The Rig-Veda, an ancient sacred poem of India, is said to be the first written record of a prosthesis. The Rig-Veda was written in 3500 BC.

*"People become really quite remarkable when they start thinking that they can do things. When they believe in themselves, they have the first secret of success."* Norman Vincent Peale

## Did you Know?

Less than half of Canadians with diabetes get all the lab tests and procedures recommended for high quality diabetes care. These tests are important to monitor blood sugar, blood pressure, cholesterol, kidney health, vision and foot health. A one percent reduction in blood sugar has been linked to a 14% reduction in heart attacks and a 21% reduction in deaths related to diabetes complications. In addition, reducing blood sugar for people with diabetes can lower the risk of developing eye disease by 76% and their risk of developing kidney disease by more than 50%.

### Low Calorie Blueberry Muffins

Ingredients:

- 3/4 cup flour
- 3/4 cup whole wheat flour
- 1/4 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 large egg
- 1/2 cup skim milk
- 1-1/4 cups blueberries
- 2 Tablespoons butter
- 1/4 teaspoon grated lemon peel



Preheat oven to 375 degrees. Use paper baking cups in a muffin pan. Thoroughly mix flours, sugar, baking powder and salt in a large bowl. Beat egg with a fork/whisk in milk and butter. And here is the little secret -- take 1/4 cup of the blueberries, mash them up, and whisk them into this mix.

Pour the mix over the dry ingredients. Add berries and lemon peel. Fold in with a spatula, just until ingredients are moistened. Scoop batter into muffin cups and bake 15 to 20 minutes or until lightly browned. Let cool 5 minutes before removing from pan.

This recipe can be doubled.

For more recipes and health tips, check out the following websites:

- <http://www.healthylivinginfo.ca/index.php>
- <http://www.medicinenet.com/script/main/art.asp?iclekey=60651>
- <http://www.lowcaldiner.com/Breakfast/breaktoc.html>

## Giving made Convenient



Below is our regular membership purchase/renewal and donation form. If you have online access we now have an additional way to give that is very convenient. Go to our website ([www.ilcla.ca](http://www.ilcla.ca)) and look for the "Donate Now" button on the left side. You can make a one-time donation or begin a regular monthly contribution, to be deducted from your credit card. There is a place to include any special instructions and you can dedicate the gift as a memorial or honorarium. It is through your generosity and caring that we are able to continue and expand the services we provide to all people with a disability in our community who wish to live independent lives.

### THE INDEPENDENT LIVING CENTRE LONDON & AREA MEMBERSHIP FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone Number: \_\_\_\_\_

- Consumer - \$5
- Agency - \$50
- Charitable Donation \$ \_\_\_\_\_



**Mail to: The ILCLA  
433 King St. Suite 101  
London ON N6B 3P3**

Charity #893156778RR0001

## WHAT'S HAPPENING AT THE ILCLA in July

### Picnic

Thursday July 10, 11:30 a.m.-3:00 p.m.  
Springbank Park, Picnic Site F  
Enter the park at Colonel Talbot and Commissioners Road West.  
Come out for a hot dog and some fun!

### Swing your Partners!

Thursday, July 17, 1 p.m.– 3 p.m.  
Wheelchair Square Dancing Demonstration.  
Pick up your FREE spectator ribbon in the Main Lobby of the Convention Centre at 300 York Street then head across King street to the Hilton Hotel. Dancing takes place in the Hilton ballroom.

### Budgeting Basics

Wednesday, July 23 1 p.m.-3 p.m.  
Too much month left at the end of your money? We will share advice and ideas on how to make your money go further so you can buy the things you both need AND want.



### Scrabble Club

Wednesday, July 30, 2 p.m.- 4 p.m.  
Cherryhill Library, Sam Katz Room  
301 Oxford Street West. All welcome.

**Please call or email to register for events you will attend, so we know how many to plan for. If you can't register, come anyway!**



**We will be closed August 4 for the Civic Holiday.**

## WHAT'S HAPPENING AT THE ILCLA in August

### Consumer Awareness

Wednesday, August 6, 1 p.m. - 3 p.m.  
Learn how advertising influences our purchasing decisions, how to avoid scams, complain effectively and protect your privacy.

### Happy Birthday!

Wednesday, August 13  
1 p.m.– 3 p.m.



We're celebrating everyone's birthday!  
Join us for some cake and games!

### Diabetes Information Session

Thursday, August 21, 1 p.m.-3 p.m.  
Learn about diabetes, how to prevent it and what to do if you are at risk or have been diagnosed.

### Scrabble Club

Wednesday, August 27, 2 p.m.- 4 p.m.  
Cherryhill Library, Sam Katz Room  
301 Oxford Street West. All welcome.

## **Exercise Class for People with Any Disability**

**Come and have some fun!**

Vince Nash is our qualified instructor.

**Fridays 3:00 pm - 4:30 pm**

*"I'm not overweight, I'm just nine inches too short."* - Shelley Winters